

Westford Community Health Assessment Results 2015

Total Participants: 1217

Demographics & Household

How long have you lived in Westford (in years)? [1188 Responded]

Average: 22.1 years

What is your age in years? [1212 Responded]

Age	Total	%
18-24	7	0.6%
25-34	60	5.0%
35-44	179	14.8%
45-54	304	25.1%
55-64	293	24.2%
65 or older	369	30.4%
Grand Total	1212	100.0%

What is your gender? [1211 Responded]

Gender	Total	%
Female	743	61.4%
Male	468	38.6%
Grand Total	1211	100.0%

What is your employment status? [1213 Responded]

Employment Status	Full-time	Part-time	Self-employed	Retired	Disabled	Homemaker	Student	Unemployed
Total	557	126	97	332	21	140	4	26
% Total	45.9%	10.4%	8.0%	27.4%	1.7%	11.5%	0.3%	2.1%

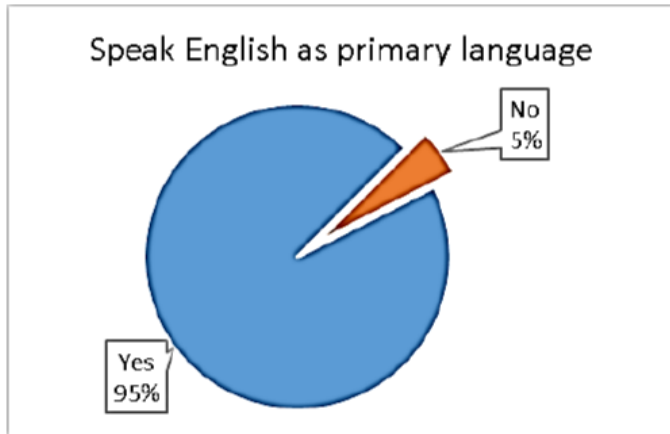
What is the highest level of education you have completed? [1210 Responded]

Education	Total	%
12th grade or less, no diploma	19	1.6%
High School Diploma or GED	129	10.7%
College Degree	480	39.7%
Graduate or Professional Degree	536	44.3%
Other	46	3.8%
Grand Total	1210	100.0%

What is your marital status? [1209 Responded]

Marital Status	Total	%
Married	966	79.9%
Domestic Partnership	13	1.1%
Separated	7	0.6%
Divorced	81	6.7%
Widowed	90	7.4%
Single	52	4.3%
Grand Total	1209	100.0%

Is English your primary language? [1211 Responded]



Primary Languages Spoken	
Chinese- 15	Danish- 1
Telugu- 8	Gujarati- 1
Hindi- 6	Japanese- 1
Spanish- 6	Konkani- 1
Tamil- 5	Lithuanian- 1
French- 3	Malayalam- 1
Mandarin- 3	Marathi- 1
German- 3	Tagalog- 1
Russian- 2	Taiwanese- 1
Bengali- 1	

Of the 61 people who reported another primary language, 24 speak an Indian language. These include Telugu, Hindi, Tamil, Bengali, Gujarati, Konkani, Malayalam, and Marathi.

What category best describes your race/ethnicity? [1204 Responded]

Race/Ethnicity	Total	%
White/Caucasian	1078	89.5%
Black or African American	3	0.2%
Hispanic Latino/a or Spanish Origin	11	0.9%
Asian	104	8.7%
American Indian or Alaska Native	1	0.1%
Other	7	0.6%
Grand Total	1204	100.0%

Responses to those who specified their race/ethnicity includes Indian (44), Chinese (25), Mixed (4), Azorian, Brazillian, Half Asian, Filipino, Indian subcontinent, Japanese, Latina, Mexican, Spanish, South Asian, Sri Lanka, and Taiwanese.

In which neighborhood do you live? [1118 Responded]

Neighborhood	Total	%
Center	307	27.5%
Forge Village	173	15.5%
Graniteville	134	12.0%
Nabnassett	335	30.0%
Parker Village	169	15.1%
Grand Total	1118	100.0%

What was your household income last year? [1136 Responded]

Income	Total	%
Less than \$25000	41	3.6%
\$25000 - \$34999	44	3.9%
\$35000 - \$49999	47	4.1%
\$50000 - \$74999	128	11.3%
\$75000 - \$99999	115	10.1%
\$100000 or more	761	67.0%
Grand Total	1136	100.0%

Including yourself, how many people live in your household? [1209 Responded]

Total Average: 2.84

How many children under age 18 do you have that live in your household? [1200 Responded]

Children in Household	Total	%
0	759	63.3%
1	152	12.7%
2	218	18.2%
3	60	5.0%
4	9	0.8%
5	1	0.1%
6	1	0.1%
Grand Total	1200	100.0%

63.3% of Westford residents do not have children living in their household.

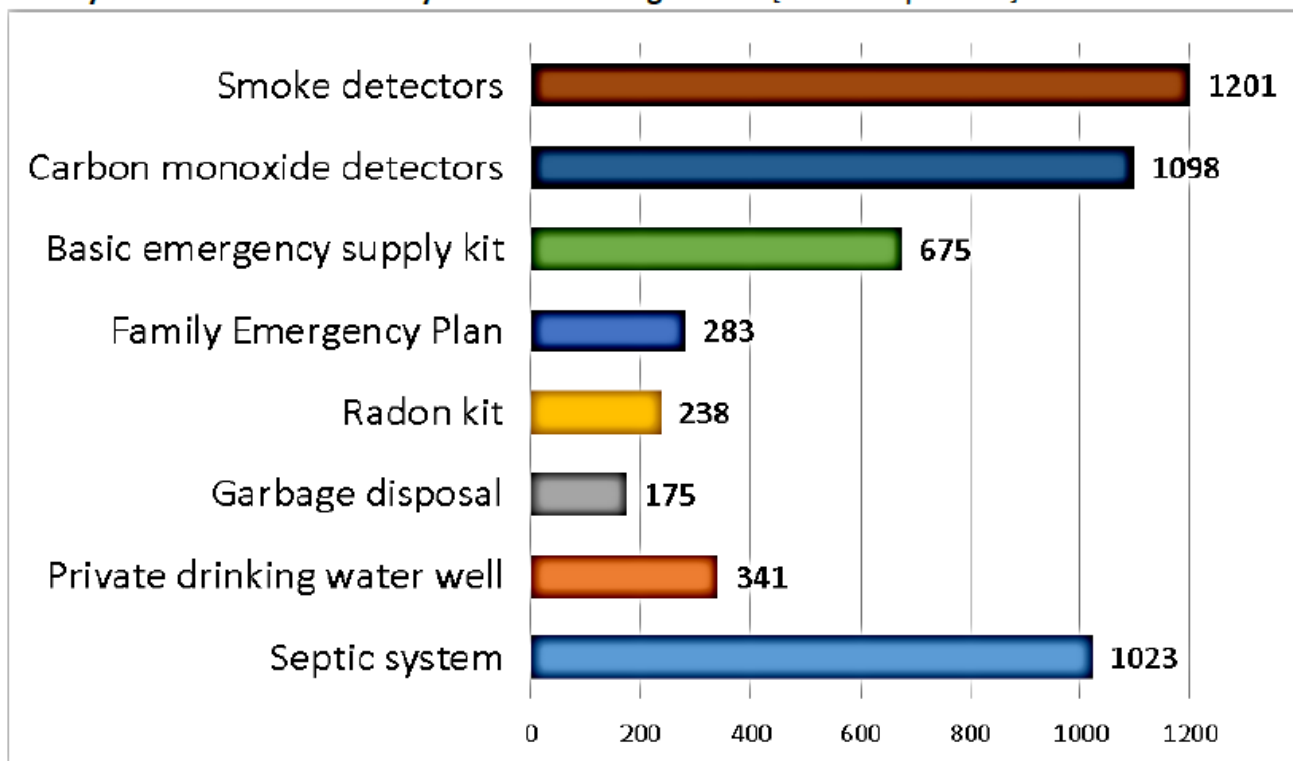
Children in Household vs Age

Age	Children in Household						Total	%	Average
	1	2	3	4	5	6			
18-24	1						1	0.2%	1
25-34	16	7	6				29	6.6%	1.66
35-44	26	103	28	6			163	37.1%	2.09
45-54	78	96	22	3	1	1	201	45.8%	1.79
55-64	25	9	3				37	8.4%	1.41
65 or older	5	2	1				8	1.8%	1.50
Total	151	217	60	9	1	1	439	100.0%	1.85

Average of 1.85 children among total households containing at least 1 child.

The majority of people with children living in their household are between the ages of 35 and 54.

Does your household have any of the following items? [1213 Responded]



Have you tested the air or water at your home for radon? [1195 Responded]

Radon Testing	Total	%
Both air and water	172	14.4%
Air	362	30.3%
Water	46	3.8%
No	615	51.5%
Grand Total	1195	100.0%

Do you test your private drinking water well regularly? [1142 Responded]

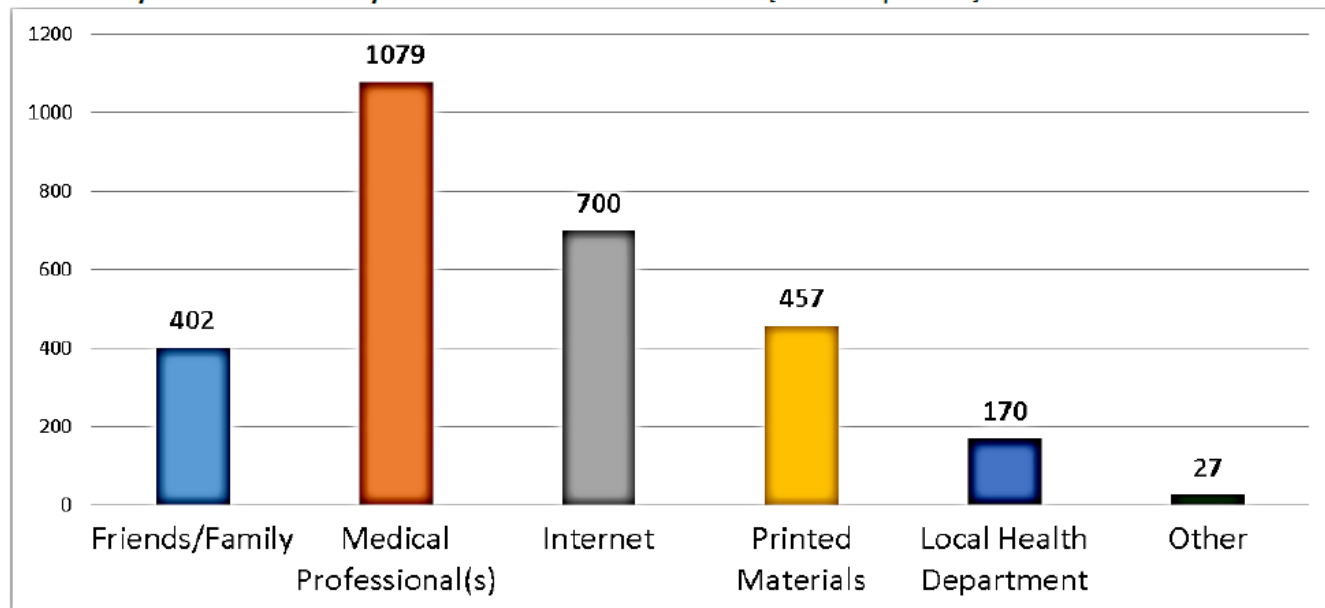
Test Private Well	Total	%
Yes	116	10.2%
No	222	19.4%
Not Applicable	804	70.4%
Grand Total	1142	100.0%

How often do you have your septic system pumped? [1172 Responded]

Pump Septic System	Total	%
Yearly	120	10.2%
2 years	383	32.7%
3 years	266	22.7%
4+ years	232	19.8%
Not Applicable	171	14.6%
Grand Total	1172	100.0%

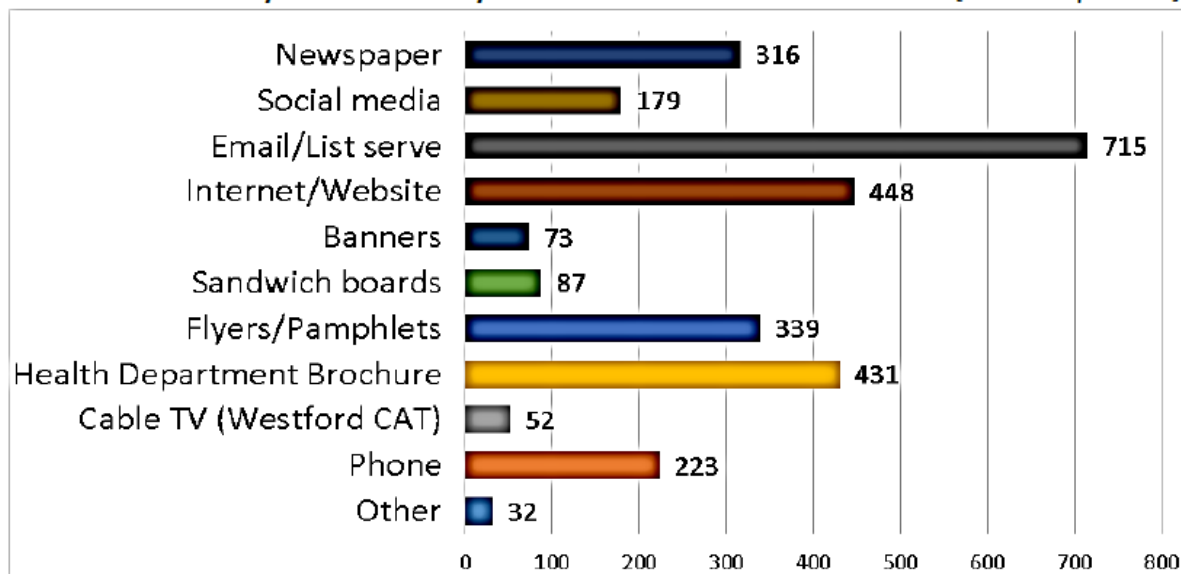
Communication

Where do you obtain most of your health related information? [1208 Responded]



Other responses included work (6), TV (7), books (3), friends who are doctors, I am a medical professional, media stories, MRC, natural path, news, NY Times, professional materials, radio, subscription newsletters, town common sign, Westford Eagle, and VA Bedford.

What is the best way for us to reach you with health-related information? [1201 Responded]



Other responses included mail (22), text (2), Westford Eagle (2), Action magazine, at town meetings, COA monthly newsletter, health and wellness fairs, and town email.

Do you have access to the internet? [1205 Responded]

Internet Access	Total	%
Yes	1161	96.3%
No	44	3.7%
Grand Total	1205	100.0%

Do you use the Health Department website? [1200 Responded]

Department Website	Total	%
Yes	203	16.9%
No	997	83.1%
Grand Total	1200	100.0%

Have you registered online for the Westford emergency CodeRED Notification System? [1192 Responded]

CodeRED	Total	%
Yes	232	19.5%
No	960	80.5%
Grand Total	1192	100.0%

Do you know that Westford has an emergency radio station at 1630 AM? [1207 Responded]

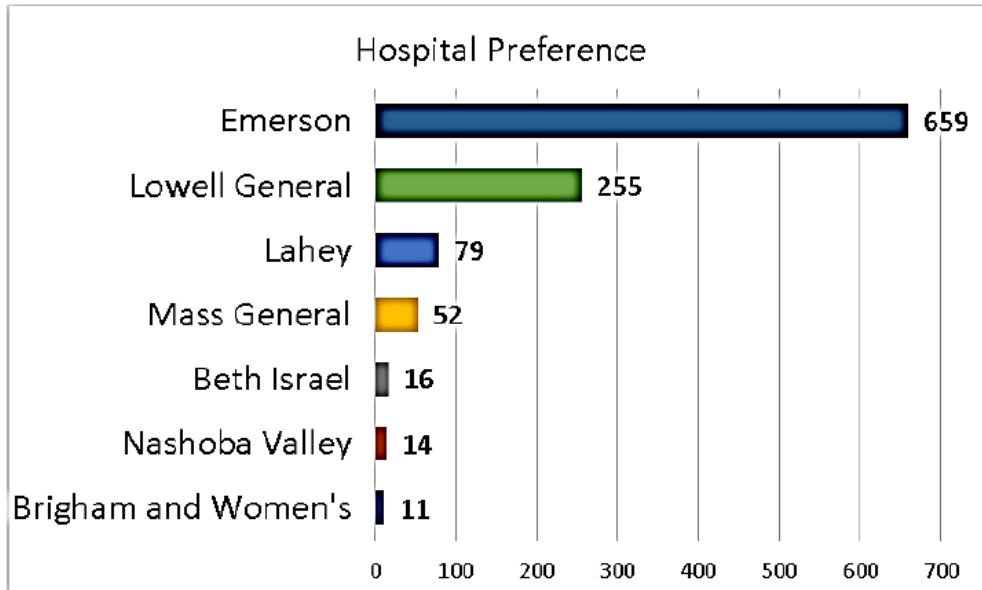
Emergency AM Station	Total	%
Yes	279	23.1%
No	928	76.9%
Grand Total	1207	100.0%

Barriers to Health Care

Do you have health insurance? [1205 Responded]

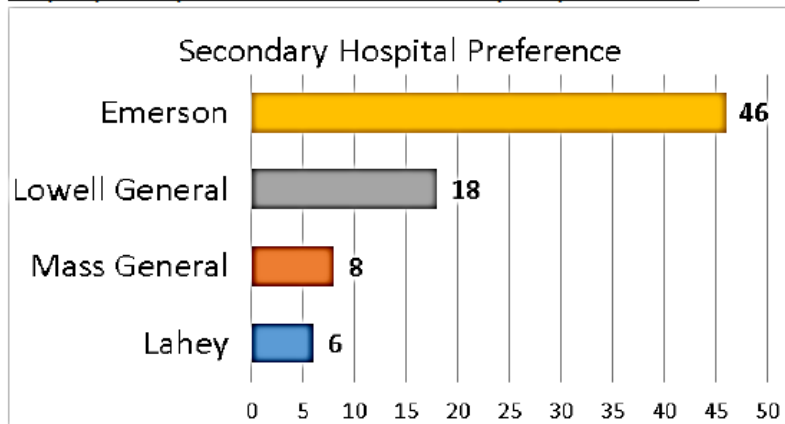
Health Insurance	Total	%
Yes	1203	99.8%
No	2	0.2%
Grand Total	1205	100.0%

What hospital do you prefer to receive medical care from? [1136 Responded]



Other responses included Newton Wellesley (6), Winchester Hospital (7), Mount Auburn (5), "Boston hospitals" (4), Southern New Hampshire Medical Center (4), Veterans Affairs (4), Saint's (3), St. Joseph's Nashua (3), Acton Medical (2), Umass Memorial (2), Westford Internal Medicine (2), Cambridge, Hanscom Clinic, Harvard Vanguard, Health Alliance, Holy Family, Parkland Medical Derry NH, Tuft's, and Worcester Medical Center.

90 people responded with a second hospital preference.

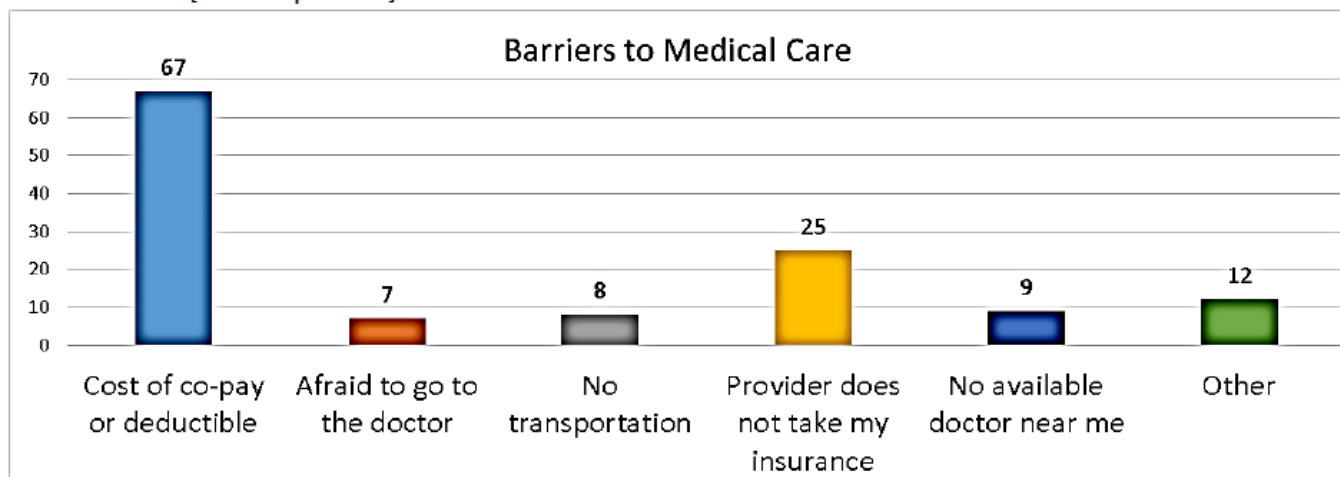


Other hospitals include Beth Israel (3), Saint's (2), Brigham and Women's, Nashoba Valley, Southern New Hampshire Medical Center, Tuft's, Harvard Vanguard, and Winchester Hospital.

Do you have a personal doctor or primary care physician? [1204 Responded]

Personal Doctor/PCP	Total	%
Yes	1192	99.0%
No	12	1.0%
Grand Total	1204	100.0%

In the past 12 months, have any of the following problems prevented you or your family from getting necessary medical care? [107 Responded]

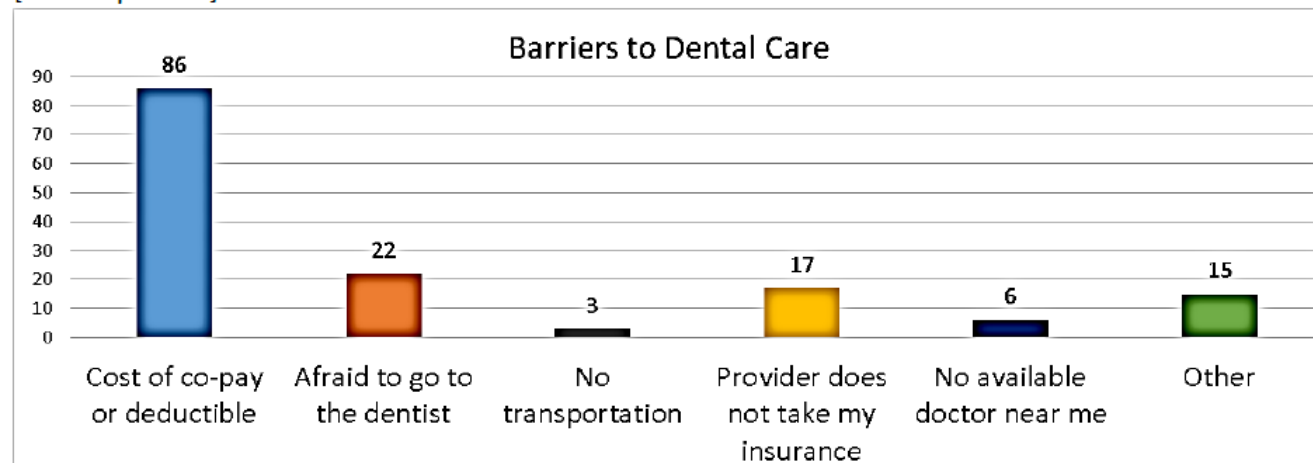


Other responses include time/too busy (4), changes in insurance coverage, complex relationship between medical insurance and caregivers, no escort for medical procedure, not doctor worthy illness, Mass health care system took 3 months to process cards, and insurance does not cover hospital (1), surgery needed (1), or primary care physician (1).

Do you have dental insurance? [1207 Responded]

Dental Insurance	Total	%
Yes	897	74.3%
No	307	25.4%
Unsure	3	0.3%
Grand Total	1207	100.0%

In the past 12 months, have any of the following problems prevented you or your family from getting dental care? [125 Responded]



Other responses include no insurance (10), haven't looked for a dentist yet, I have dentures, Mass health care system took 3 months to process cards, only the children are covered under dental insurance, and yearly limit of our dental plan.

Personal Health

How would you describe your overall health status? [1195 Responded]

Health Status	Total	%
Excellent	284	23.8%
Very good	595	49.8%
Good	266	22.3%
Fair	46	3.8%
Poor	4	0.3%
Grand Total	1195	100.0%

Has a doctor, nurse, or other health care professional ever told you that you have any of the following health conditions? [1107 Total Responded]

Health Conditions	Yes	%	No	%	Total
Asthma	140	14.9%	800	85.1%	940
Cancer	151	16.2%	782	83.8%	933
Depression or anxiety	199	20.8%	758	79.2%	957
Diabetes (not during pregnancy)	78	8.5%	845	91.5%	923
Hearing impairment	164	17.4%	780	82.6%	944
Heart condition	131	14.0%	805	86.0%	936
High blood pressure	334	33.1%	675	66.9%	1009
High cholesterol	357	36.4%	625	63.6%	982
HIV/AIDS	0	0.0%	891	100%	891
Lyme disease	61	6.8%	839	93.2%	900
Mental health condition	27	3.0%	875	97.0%	902
Obesity	142	15.4%	778	84.6%	920
Osteoporosis	110	12.0%	808	88.0%	918
Stroke	14	1.6%	882	98.4%	896
Vision impairment	258	27.4%	682	72.6%	940

High cholesterol and high blood pressure are the most prevalent within the Westford community.

When was the last time you... [1140 Total Responded]

Routine Physical Exam	Total	%
Never	0	0.0%
Past Year	983	82.1%
1-2 Years	159	13.3%
3-5 Years	35	2.9%
5+ Years	20	1.7%
Grand Total	1197	100.0%

Cholesterol Checked	Total	%
Never	10	0.8%
Past Year	924	78.6%
1-2 Years	173	14.7%
3-5 Years	48	4.1%
5+ Years	21	1.8%
Grand Total	1176	100.0%

Colorectal Cancer Screening	Total	%
Never	374	32.8%
Past Year	292	25.6%
1-2 Years	176	15.5%
3-5 Years	197	17.3%
5+ Years	100	8.8%
Grand Total	1139	100.0%

Breast Exam	Total	%
Never	308	29.2%
Past Year	607	57.6%
1-2 Years	106	10.1%
3-5 Years	24	2.3%
5+ Years	8	0.8%
Grand Total	1053	100.0%

Flu Shot	Total	%
Never	120	10.2%
Past Year	910	77.5%
1-2 Years	76	6.5%
3-5 Years	31	2.6%
5+ Years	38	3.2%
Grand Total	1175	100.0%

Blood Pressure Checked	Total	%
Never	2	0.2%
Past Year	1101	92.4%
1-2 Years	78	6.6%
3-5 Years	6	0.5%
5+ Years	4	0.3%
Grand Total	1191	100.0%

Emergency Care	Total	%
Never	434	39.5%
Past Year	128	11.6%
1-2 Years	113	10.3%
3-5 Years	141	12.8%
5+ Years	283	25.8%
Grand Total	1099	100.0%

Have you ever been taught to do a breast self-exam? [1192 Responded]

Breast Self-Exam	Women	Men	N/A	Total	%
Yes	501	279	4	784	65.8%
No	227	179	2	408	34.2%
Total	728	458	6	1192	100.0%

WOMEN ONLY: When was the last time you... [716/743 Females Responded]

Mammogram	Total	%
Never	81	11.3%
Past Year	496	69.3%
1-2 Years	96	13.4%
3-5 Years	23	3.2%
5+ Years	20	2.8%
Grand Total	716	100.0%

PAP Smear	Total	%
Never	5	0.7%
Past Year	335	47.6%
1-2 Years	229	32.5%
3-5 Years	74	10.5%
5+ Years	61	8.7%
Grand Total	704	100.0%

MEN ONLY: When was the last time you... [446/468 Males Responded]

Rectal Exam	Total	%
Never	94	21.1%
Past Year	257	57.6%
1-2 Years	60	13.4%
3-5 Years	28	6.3%
5+ Years	7	1.6%
Grand Total	446	100.0%

MEN ONLY: Have you ever been taught to do a self-exam for testicular cancer? [455 Responded]

Testicular Self-Exam	Total	%
Yes	177	38.9%
No	278	61.1%
Grand Total	455	100.0%

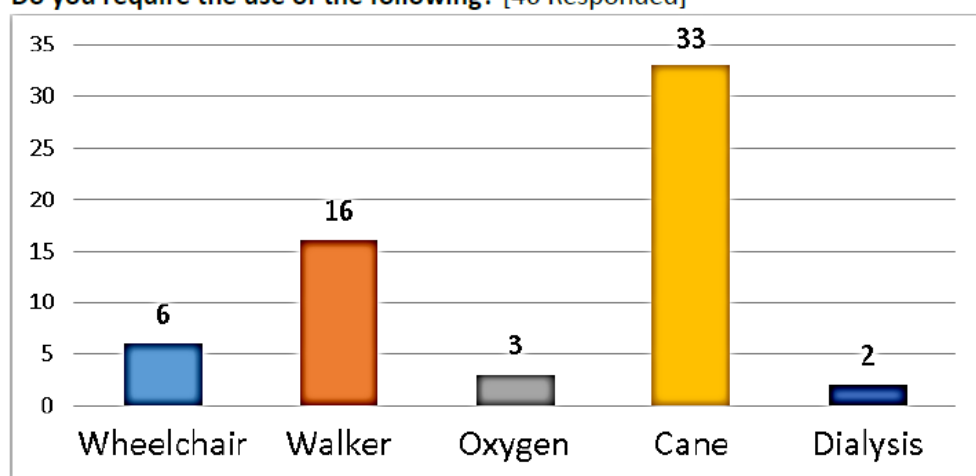
Because of any impairment or health condition, do you need any assistance in handling routine needs, such as household chores, shopping, or managing finances? [1169 Responded]

IADLs	Total	%
Yes	31	2.7%
No	1138	97.3%
Grand Total	1169	100.0%

Because of any impairment or health condition, do you need any assistance with personal care needs, such as eating, bathing, or dressing? [1167 Responded]

ADLs	Total	%
Yes	9	0.8%
No	1158	99.2%
Grand Total	1167	100.0%

Do you require the use of the following? [46 Responded]



In a normal week, how often do you engage in any exercise activity for at least 30 minutes? [1174 Responded]

Exercise	Total	%
0 (none)	139	11.8%
1-2 times	346	29.5%
3 or more	689	58.7%
Grand Total	1174	100.0%

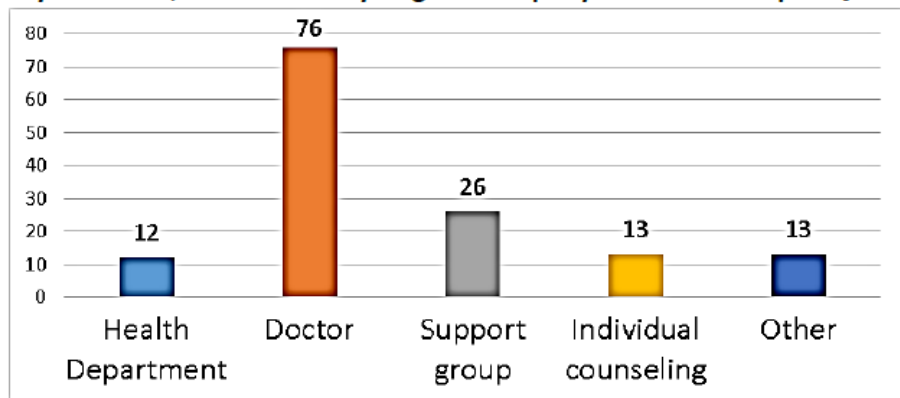
Which of the following best describes your smoking status? [1176 Responded]

Smoking Status	Total	%
Never smoked	707	60.1%
Smoke daily	25	2.2%
Smoke occasionally	19	1.6%
Quit smoking	285	24.2%
Tried a few times but never smoked regularly	140	11.9%
Grand Total	1176	100.0%

Do you use e-cigarettes? [1160 Responded]

E-cigarettes	Total	%
Yes	4	0.3%
No	1149	99.1%
Occasionally	7	0.6%
Grand Total	1160	100.0%

If you smoke, where would you go for help if you wanted to quit? [101 Responded]

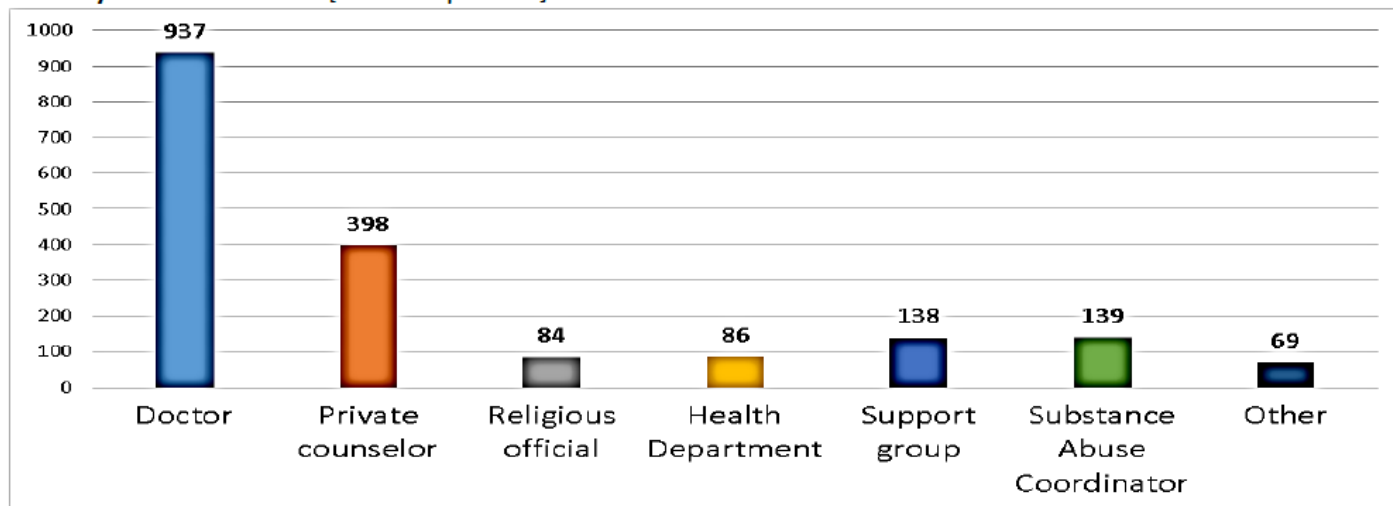


Other responses include self-help book, cold turkey, self-quitter, hypnosis, American Red Cross, company programs, internet, and psychologist.

How many alcoholic beverages do you consume in a given week? [1168 Responded]

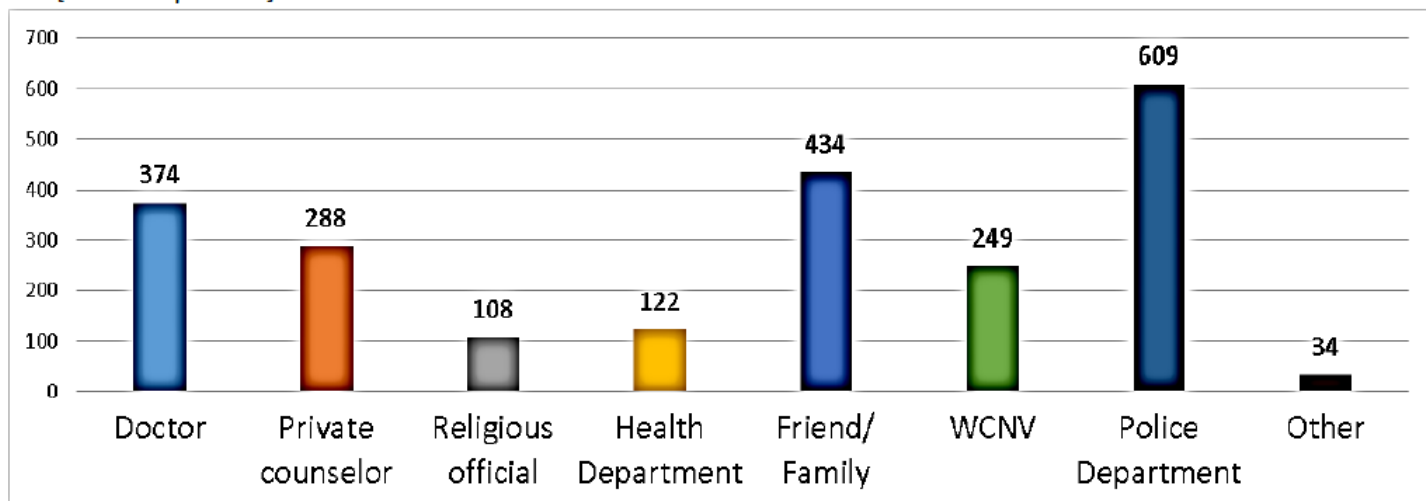
Alcohol Consumption	Total	%
I do not drink alcoholic beverages	327	28.0%
1-2 drinks	408	35.0%
3-5 drinks	255	21.8%
6-9 drinks	138	11.8%
10 or more	40	3.4%
Grand Total	1168	100.0%

If you, a friend, or a family member needed counseling or a referral for a mental health, drug, or alcohol issue, who would you call or talk to? [1131 Responded]



Other responses include friend/family (15), co-workers or company Employee Assistance Program (10), MSPP Interface (6), School (6), Internet (5), Juvy Institute, NAMI, NASW referral line, nurse, social worker, VA primary care, and WASA. 7 people were unsure or did not know.

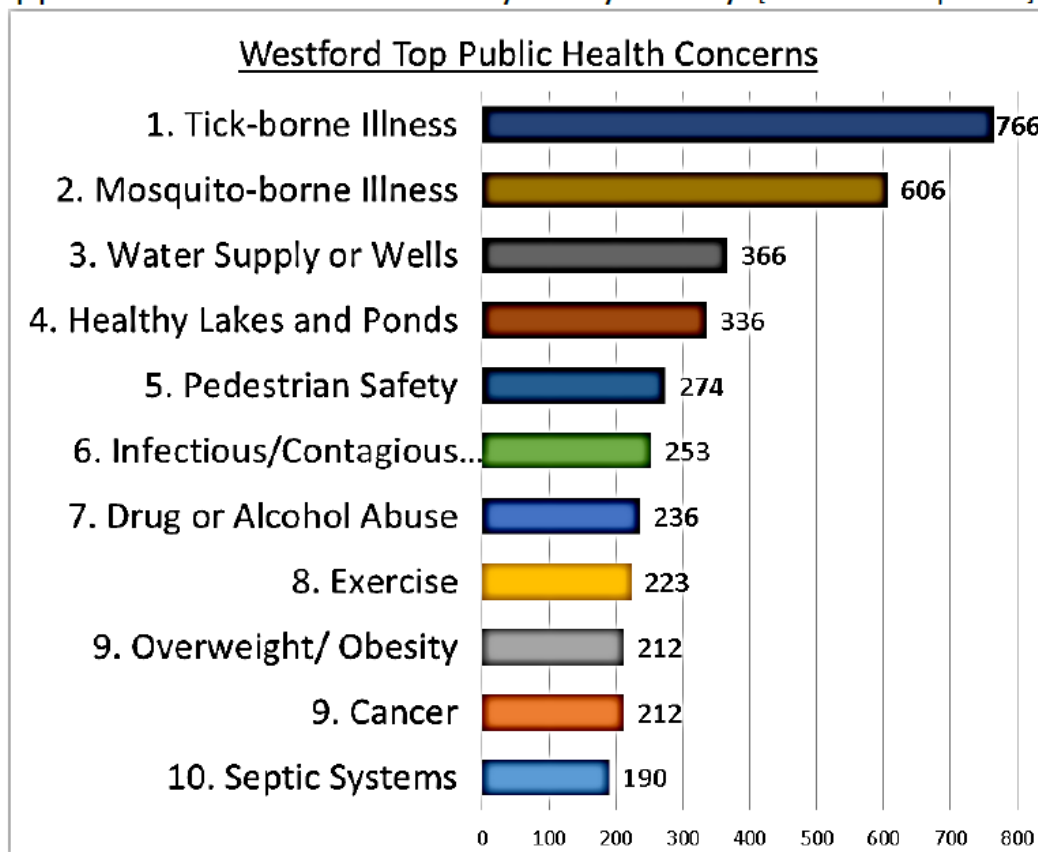
If you, a friend, or a family member needed to find resources for domestic violence issues, who would you call or talk to? [1090 Responded]



Other responses include Internet (6), hotline (4), domestic violence network (3), company Employee Assistance Program (3), health insurance company (2), attorney general, DCF, MSPP Interface, nurse, and support group. 4 people were unsure or did not know.

Health Department Services

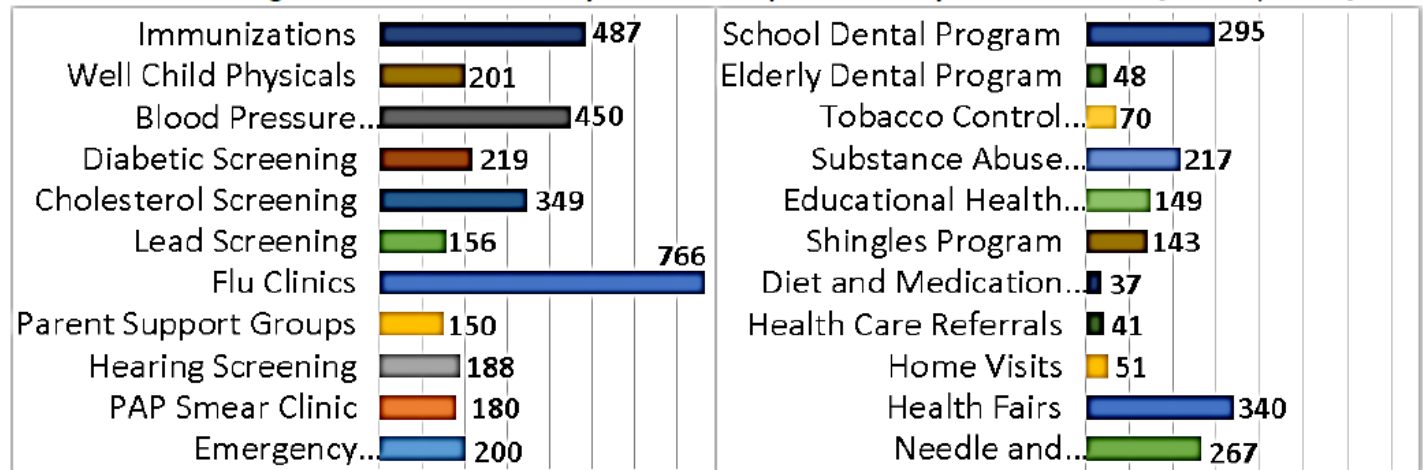
What are the top public health concerns in Westford for you and your family? [1146 Total Responded]



Other concerns in order: Emergency preparedness (179), Mental health (171), Nutrition (135), Air pollution (135), Heart disease (124), Rodents or pests (121), Hazardous materials (111), Access to medical care (87), Rabid animals (77), Diabetes (75), Transportation (71), Domestic violence (60), Dental and oral health (58), Drainage problems (54), Excessive noise (46), Asthma (43), Suicide (42), Tobacco use (41), Foodborne illness (34), Beavers (29), Public pools (24), Unsafe or unhealthy housing situations (22), Sexually transmitted infections (4).

52 people responded with 'other' which includes: Alzheimer's, asphalt plant, Autism services, stress management, back pain, drunk drivers, bicycle safety, no sidewalks, safety at dangerous intersections, enforcement of traffic laws, traffic delays, air pollution and noise from train idling, cost of living, cost of these services, wild animals (deer, bears, coyotes), Lyme disease, chemicals in water supply, pesticide/fertilizer use, pesticide runoff into lakes and ponds, soil testing, radon from lawn chemicals, excessive development, poison ivy, seasonal illnesses, people not vaccinating kids, eating disorders, nutrition/weight control, mental health for children, schools, drug access at Westford Academy, sexual intimidation against female students at Westford Academy (upskirt-texting).

Which of the following health services offered by the Health Department are you familiar with? [919 Responded]



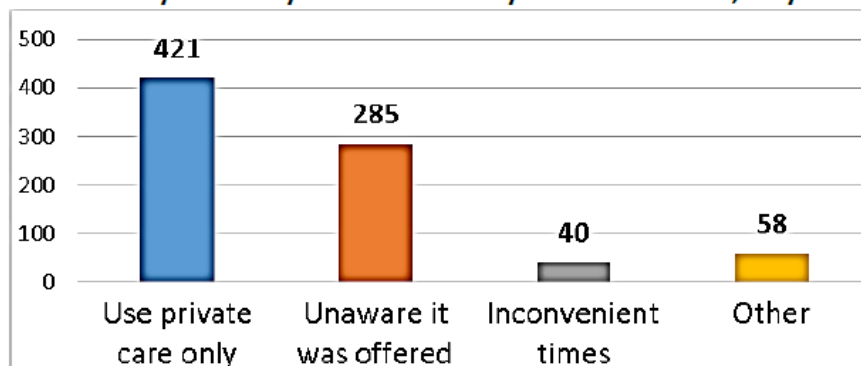
Have you ever received information about any health programs in Westford? [1159 Responded]

Received Health Information	Total	%
Yes	838	72.3%
No	321	27.7%
Grand Total	1159	100.0%

Of the health services you are familiar with, have you or your family ever used them? [1164 Responded]

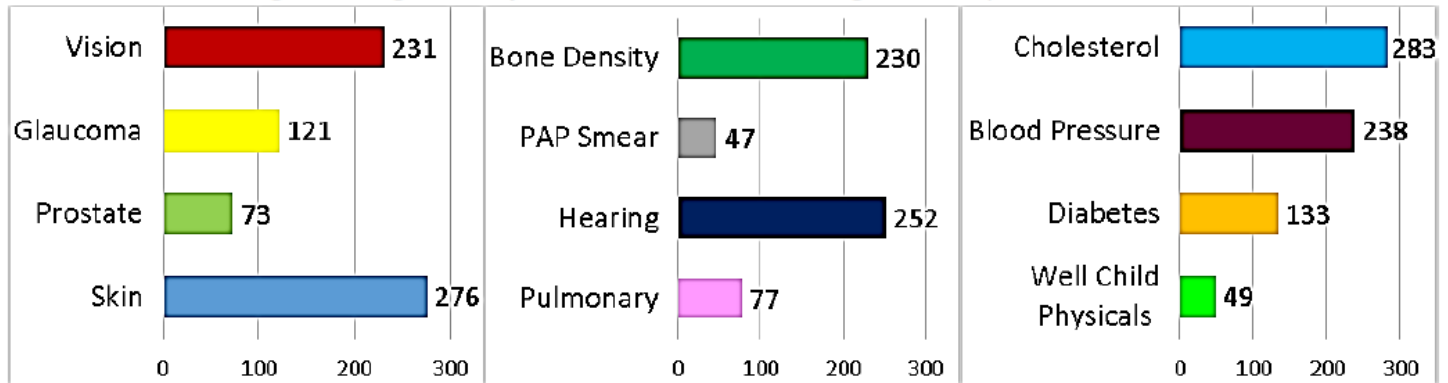
Health Services Use	Total	%
Yes	549	47.2%
No	506	43.5%
Not Applicable	109	9.3%
Grand Total	1164	100.0%

If no one in your family has attended any of these services, why not? [670 Responded]



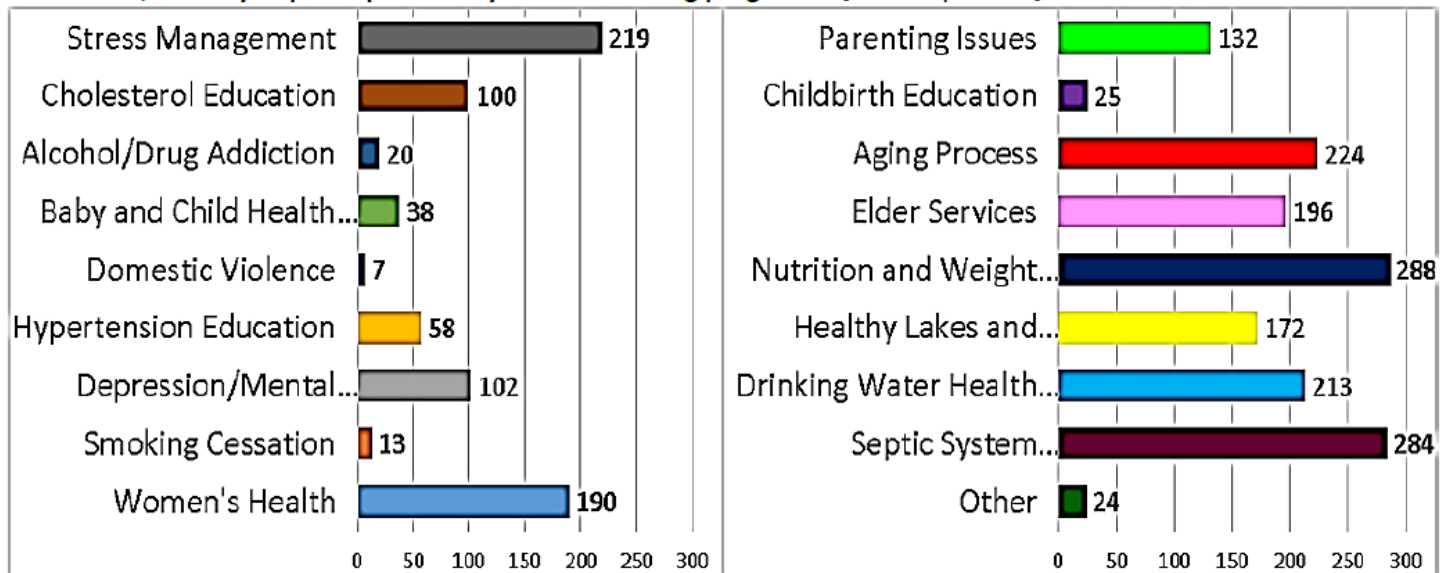
Other responses include: not needed, access through work, new to Westford, unclear how to engage in these services, perceive that it's intended for low income only, and unsure it was intended for us.

Which of the following screenings would you be interested in receiving? [611 Responded]



Top screenings are Cholesterol, Skin, Hearing, Blood Pressure, Vision, and Bone Density.

If available, would you participate in any of the following programs? [791 Responded]



Other responses include: Autism services, community gardening, diabetes, disability programs, domestic water testing, emergency preparedness, exercise for physically challenged, hazardous waste drop-off, walking club, holistic medicine, Lyme disease prevention, radon education, radon test levels, radon screening and mitigation, organic and safe lawn care, yoga or pilates for older people, ticks and mosquitos control.

Top programs are Septic System Operation and Maintenance, Nutrition and Weight Management, Aging Process, Stress Management, and Drinking Water Health and Safety.

If available, would you participate in support groups? [1127 Responded]

Support Groups	Total	%
Yes	140	12.4%
No	372	33.0%
Unsure	615	54.6%
Grand Total	1127	100.0%

What type of support groups would you be interested in attending? [140 Responses]

- Parenting (24)
- Nutrition/ weight management (17)
- Stress management (22)
- Aging (11)
- Caregiver/caring for aged (12)
- Alzheimer's/dementia (8)
- Mental health/depression (14)
- Cancer (7)
- Health and wellness (6)

Other responses: Activity/exercise, Alcohol/substance abuse, Septic systems, Drinking water health and safety, Healthy lakes and ponds, Celiac, Diabetes, Lyme disease, Bereavement, Elder services, Autism, Social, Long term planning/retirement, Living with advanced arthritis, LOPD, Osteoporosis, Spiritual (non-religious), MS, Pulmonary, and Traffic.

What time of day is best for you to attend a free screening or program?

Screening	Total	9-11 AM	% Total	2-4 PM	% Total	7-9 PM	% Total	N/A	% Total
Vision	231	81	35.1%	61	26.4%	146	63.2%	9	3.9%
Glaucoma	121	52	43.0%	46	38.0%	64	52.9%	2	1.7%
Prostate	73	26	35.6%	21	28.8%	48	65.8%	3	4.1%
Skin	276	108	39.1%	77	27.9%	169	61.2%	8	2.9%
Bone Density	230	92	40.0%	70	30.4%	124	53.9%	9	3.9%
PAP Smear	47	17	36.2%	8	17.0%	35	74.5%	2	4.3%
Hearing	252	107	42.5%	89	35.3%	130	51.6%	10	4.0%
Pulmonary	77	38	49.4%	23	29.9%	38	49.4%	2	2.6%
Cholesterol	283	96	33.9%	81	28.6%	179	63.3%	11	3.9%
Blood Pressure	238	89	37.4%	62	26.1%	137	57.6%	12	5.0%
Diabetes	133	49	36.8%	38	28.6%	80	60.2%	3	2.3%
Well Child Physicals	49	16	32.7%	10	20.4%	41	83.7%	2	4.1%

In all of the screenings, the best time is between 7-9 PM, followed by 9-11 AM, with the most inconvenient time being 2-4 PM.

Program	Total	9-11 AM	% Total	2-4 PM	% Total	7-9 PM	% Total	N/A	% Total
Stress Management	219	70	32.0%	55	25.1%	153	69.9%	5	2.3%
Cholesterol Education	100	34	34.0%	26	26.0%	71	71.0%	1	1.0%
Alcohol/Drug Addiction	20	9	45.0%	5	25.0%	14	70.0%	1	5.0%
Baby and Child Health Care	38	8	21.1%	6	15.8%	32	84.2%	1	2.6%
Domestic Violence	7	2	28.6%	4	57.1%	5	71.4%	0	0.0%
Hypertension Education	58	23	39.7%	23	39.7%	38	65.5%	0	0.0%
Depression/Mental Health	102	36	35.3%	23	22.5%	70	68.6%	3	2.9%
Smoking Cessation	13	3	23.1%	2	15.4%	10	76.9%	0	0.0%
Women's Health	190	70	36.8%	57	30.0%	111	58.4%	8	4.2%
Parenting Issues	132	47	35.6%	22	16.7%	105	79.5%	3	2.3%
Childbirth Education	25	5	20.0%	5	20.0%	21	84.0%	0	0.0%
Aging Process	224	95	42.4%	87	38.8%	114	50.9%	11	4.9%
Elder Services	196	91	46.4%	86	43.9%	76	38.8%	15	7.7%
Nutrition and Weight Management	288	101	35.1%	75	26.0%	193	67.0%	8	2.8%
Healthy Lakes and Ponds	172	46	26.7%	37	21.5%	116	67.4%	10	5.8%
Drinking Water Health and Safety	213	58	27.2%	47	22.1%	142	66.7%	16	7.5%
Septic System Operation	284	78	27.5%	59	20.8%	203	71.5%	19	6.7%
Other	24	12	50.0%	10	41.7%	13	54.2%	0	0.0%

For the programs, Domestic Violence showed the best availability with 7-9 PM, then 2-4 PM, and had the least availability between 9-11 AM.

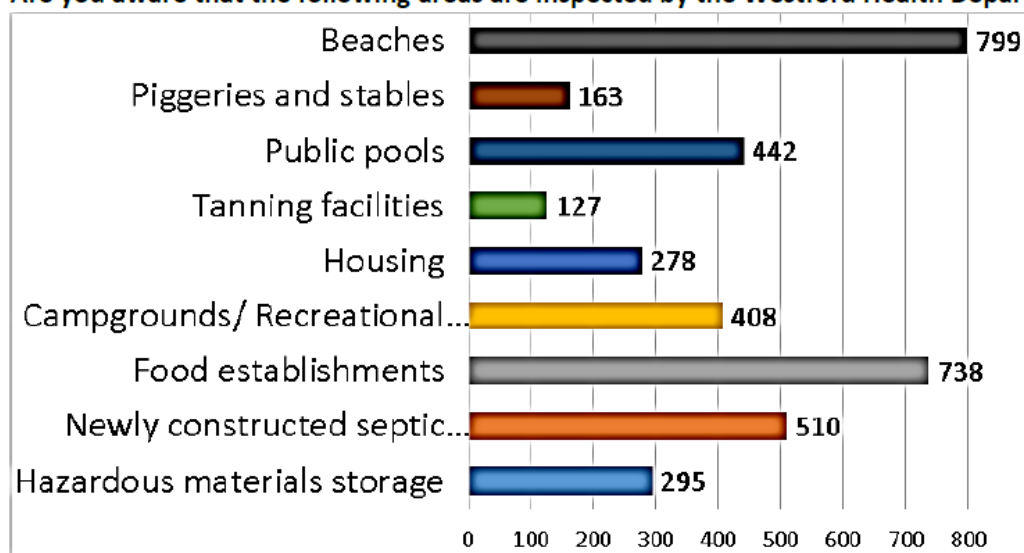
Elder services is the only program showing the most availability between 9-11 AM, followed by 2-4 PM, with 7-9 PM having the least Responded.

All other programs had the most availability between 7-9 PM, followed by 9-11 AM, and having the least availability between 2-4 PM.

Attend Support Group	Total	9-11 AM	% Total	2-4 PM	% Total	7-9 PM	% Total	N/A	% Total
Yes	140	50	35.7%	45	32.1%	83	59.3%	4	2.9%
Unsure	615	227	36.9%	154	25.0%	343	55.8%	41	6.7%

All people interested in attending a support group, including those who are unsure, reported the most availability between 7-9 PM, then from 9-11 AM, and lastly from 2-4 PM.

Are you aware that the following areas are inspected by the Westford Health Department? [959 Responded]



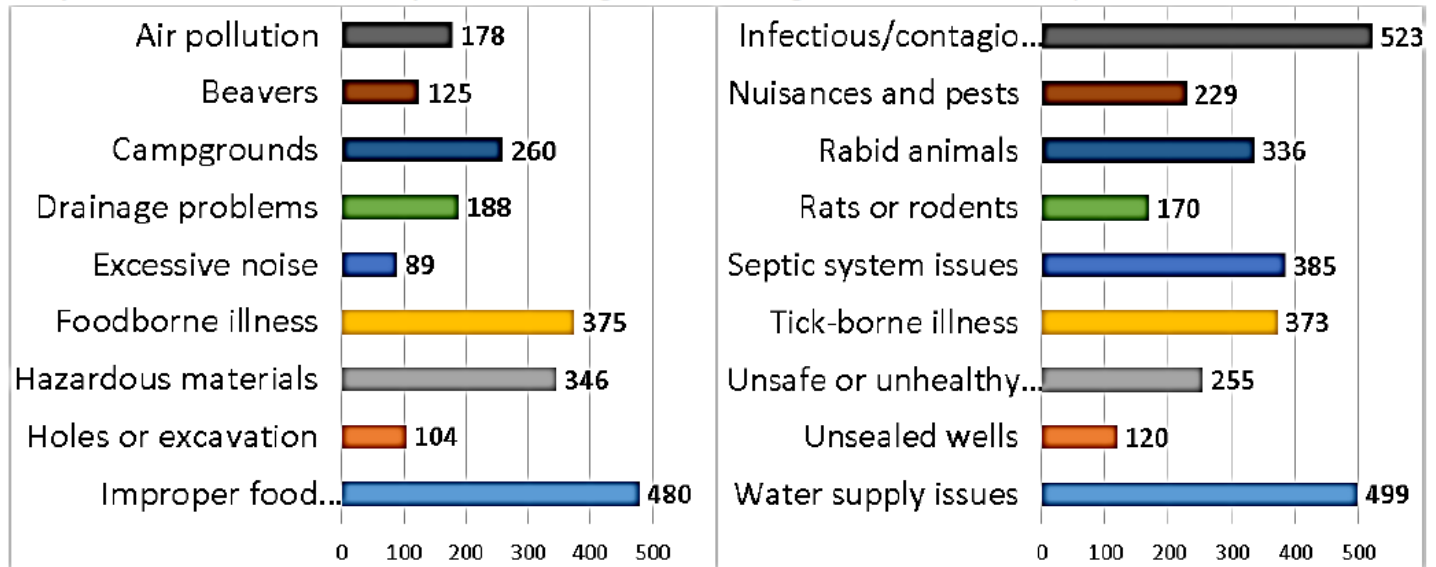
Do you know that the Westford Health Department has a volunteer response team (MRC) to help the community in times of need? [1162 Responded]

MRC	Total	%
Yes	279	24.0%
No	883	76.0%
Grand Total	1162	100.0%

If there were an extended loss of power, would you use an emergency shelter? [1173 Responded]

Emergency Shelter	Total	%
Yes	225	19.2%
No	457	39.0%
Unsure	491	41.8%
Grand Total	1173	100.0%

Are you aware that the Health Department manages the following in Westford? [854 Responded]



Have you ever reported a problem to the Westford Health Department? [1169 Responded]

Reported Problem	Total	%
Yes	60	5.1%
No	1109	94.9%
Grand Total	1169	100.0%

If you have reported a problem, do you feel it was handled in a satisfactory manner? [58 Responded]

Problem Handled Satisfactory	Total	%
Yes	43	71.7%
No	15	25.0%
No Answer	2	3.3%
Grand Total	60	100.0%